

SUMMER 2017



Seattle  
Parks & Recreation



**Cayce Cheairs**  
Dementia-Friendly  
Recreation Specialist

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Working with community partners, we offer a variety of dementia-friendly recreation programs specially designed for, and celebrating the strengths of, people living with dementia. Many of these programs have been inspired and developed by community members living with dementia and care partners. We welcome ideas and feedback from the community.

Most of our programs are geared toward those living with Early Stage Memory Loss, unless otherwise noted. One care partner per participant is welcome for no additional charge.

For more information or to register, contact Cayce Cheairs at 206-615-0100, cayce.cheairs@seattle.gov, or the contact person noted in the description.

### MOMENTIA SEATTLE

*At Seattle Parks and Recreation, we are proud to be part of the grassroots movement empowering persons with memory loss and their loved ones to remain connected and active in the community. To learn more about Momentia and see a calendar with a full listing of memory loss offerings in Seattle, visit: [www.momentiasseattle.org](http://www.momentiasseattle.org).*

## SPECIAL EVENT

### Expanded! Camp Momentia \$20

Enjoy a day of exploration, creativity, and community at historical Camp Long in West Seattle with this inclusive day camp for persons living with memory loss and family and friends! Sunday, 9/10 is a family-friendly camp day welcoming youth over the age of 9 years old; a great way to celebrate National Grandparents Day! Registration includes refreshments and lunch. Van transportation provided from North and South Seattle. Offered in partnership with Greenwood Senior Center and Senior Center of West Seattle. *One-day registration only. Register by 8/25. Location: 5200 35th Ave. SW.*

9/9	Sat	10 a.m.-3 p.m.	Camp Long
9/10*	Sun	10 a.m.-3 p.m.	Camp Long

\*Family-friendly on Sunday

## CREATIVE ENGAGEMENT

### Field Trip- \$10/\$15 with transportation 'The Artist Within' Exhibition

The Art of Alzheimer's 'The Artist Within' Exhibition, featuring dynamic artwork created by people living with memory loss, will be at the WA State Convention Center (WSCC) from 7/1 to 10/1. Join us for a catered lunch followed by self-guided explorations and facilitated art discussions. Enjoy opportunities to view the exhibition, other art on display in the convention center, and outdoor art in Freeway Park. Parking validation available in WSCC garage. Van transportation available from South, Central and North Seattle. Offered in partnership with The Art of Alzheimer's, the Department of Neighborhoods, and the WA State Convention Center.

7/27	Thu	11:30 a.m.-2:30 p.m. (allow additional time for van transportation)
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Join us for an exciting time at Camp Momentia!

## CREATIVE ENGAGEMENT

**Intergenerational Friendly Folk Dance** Free  
In the summer, we invite 4th, 5th, and 6th graders from summer camp to join the fun of our international folk dance experience! "Travel the world" in this inclusive 4-week dance experience for persons living with memory loss and care partners. Teaching artist and folk dance master, Susan Wickett-Ford, leads simple moves with inspiring music. All abilities welcome, seated dance options available. Offered in partnership with Silver Kite Community Arts, sponsored by Aegis Living.

7/12, 7/19, 7/26, 8/2 Wednesdays 10-11:30 a.m. Yesler CC



*Dance your way through summer!*

**Creative Ceramics Workshop** \$15  
Work with your hands to create art and express yourself in this 3-week clay workshop led by a skilled facilitator. This program is inclusive of people living with early to mid-stage dementia. No artistic experience necessary; all materials provided. Offered in partnership with Elderwise. *Space is limited, register by 9/5.*

9/12, 9/19, 9/26 Tuesdays 10-11:45 a.m. Queen Anne CC

## OUTDOOR RECREATION

**Out and About Walks** Free  
Invigorate body, brain, and spirit with 2 to 3-mile moderately-paced walks in various parks and neighborhoods throughout Seattle. Varied terrain includes sidewalks and gravel paths; mostly level with occasional hills. End with a social gathering in a nearby cafe. *Contact Cayce for more information.*

**NEW group on 1st and 3rd Fridays**

1st and 3rd Fridays 10 a.m.-12:30 p.m. Various Locations  
2nd and 4th Fridays 10 a.m.-12:30 p.m. Various Locations

**✗ Total Eclipse Nature Walk Canceled**  
Spend a morning in the Magnuson Wetlands experiencing an astronomical phenomenon! See how the eclipse affects wildlife, as well as what happens when the sun comes back out. There will be a safe-viewing station set up as the eclipse begins at 10:20 a.m., and the sun peeks out again just before noon. Approximately ½-mile on a crushed rock, mostly level path with one hill to the viewing station. Bring your lunch to enjoy an optional picnic afterward (Noon-1 p.m.). Please let us know if you'd like to borrow binoculars. A joint program with Southwest Lifelong Recreation. *Van transportation available from West Seattle for \$8.*

8/21 Mon 10 a.m.-1 p.m. Magnuson Park

**Garden Discovery Walks** Free  
Explore nature and savor the season with monthly walks through Seattle public gardens, followed by a creative, nature-inspired activity. Light refreshments provided, bring a bag lunch (optional). Offered in partnership with UW Memory and Brain Wellness Center. *Contact Cayce for locations, register by Tuesday beforehand.*

First Fridays 7/7, 8/4, 9/1 10 a.m.-Noon Various Locations

**Early Stage Memory Loss Zoo Walk** Free  
A gentle to moderately-paced walk through the zoo, followed by a social gathering in the zoo café. Flat, paved surface. A partnership with the Alzheimer's Association and Greenwood Senior Center. *Registration required by calling the Alzheimer's Association at 206-529-3868.*

Monday and Wednesday mornings Woodland Park Zoo

## FITNESS

**Minds In Motion** \$23  
A weekly vigorous fitness class including cardio, balance, flexibility, and strength. Class will be taught with easy to follow instructions that are 1 to 2 steps long, accompanied by visual cues. Made possible with support from Aegis Living. *Call Cayce to register.* Instructor: C Grekoff.

Mondays 2-3 p.m. Miller CC

## VOLUNTEER

**Remember The Hungry**  
A monthly opportunity to give back to community and build meaningful relationships. Every third Tuesday of the month help package and sort food and supplies for the thousands served each week at Northwest Harvest's Cherry Street Food Bank. *6 participants maximum each month. Register with Cayce by Friday beforehand.*

Third Tuesdays: 7/18, 8/15, 9/19 1-2:30 p.m. 711 Cherry St.